

What is claimed is:

1. A method of a player holding a golf club with a target side hand and a second hand, such golf club having a shaft, a shaft top, a club head attached to said shaft, and at least one location on said shaft for gripping the club, said method comprising:

positioning said shaft top against the player's armpit or area at the front of shoulder of the arm of the target side hand;

with the target side hand, grasping one of said at least one location for gripping;  
and

grasping with a second hand, or resting all or a portion of said second hand against, one of said at least one location for gripping.

2. The method of claim 1 wherein said target side hand grasps said golf club in a fashion such that said golf club enters said target side hand at the top of the palm and exits said target side hand between the thumb and forefinger of said target side hand.

3. The method of claim 1 wherein said target side hand grasps said golf club in a fashion such that said golf club enters said target side hand at the top of the palm and exits said target side hand between the index finger and ring finger of said target side hand.

4. The method of claim 1, wherein said second hand grasps one of said at least one location for gripping between the forefinger and thumb of said second hand.

5. The method of claim 1, wherein said second hand grasps one of said at least one location for gripping by forming a fist about said location, wherein the thumb and index finger are above the other fingers.

6. The method of claim 1, wherein said second hand is placed on or against one of said at least one location for gripping, and said second hand and the fingers thereof overlap or grasp the forearm of the arm of said target side hand.

7. The method of claim 1, wherein said second hand is placed on or against one of said at least one location for gripping, and said second hand and the fingers thereof overlap or grasp said target side hand.

8. The method of claim 1, wherein the arm of said target side hand is substantially fully extended.

9. The method of claim 1, wherein the arm of said target side hand is substantially parallel to said shaft.

10. The method of claim 1, wherein said golf club is used for putting.

11. The method of claim 1, wherein said golf club is used for chipping.

12. The method of claim 1, wherein said shaft top is pressed into said armpit or said front of the shoulder of the arm of said target side hand.

13. A method of a player striking a golf ball with a golf club held by a target side hand and a second hand, said golf club having a shaft, a shaft top, a club head attached to said shaft, and at least one location for gripping said golf club on said shaft, said method comprising:

positioning said shaft top against the armpit or front of the shoulder of the arm of said player's target side hand;

grasping one of said at least one location for gripping with said target side hand;

grasping with said second hand, or resting said second hand on, one of said at least one location for gripping;

causing said club to move away from said golf ball positioned adjacent said player's feet while maintaining contact between said shaft top and said armpit or front of the shoulder of the arm of said target side hand;

causing said golf club to move in a direction towards said golf ball while maintaining contact between said shaft top and said armpit or front of the shoulder of the arm of the target side hand, to cause said club head to strike said golf ball.

14. The method of claim 13 wherein said target side hand grasps said golf club in a fashion such that said golf club enters said target side hand at the top of the palm and exits said target side hand between the thumb and forefinger of said target side hand.

15. The method of claim 13 wherein said target side hand grasps said golf club in a fashion such that said golf club enters said target side hand at the top of the palm and exits said target side hand between the index finger and ring finger of said target side hand.

16. The method of claim 13, wherein said second hand grasps one of said at least one location for gripping between the forefinger and thumb of said second hand.

17. The method of claim 13, wherein said second hand grasps one of said at least one location for gripping by forming a fist about said location, wherein the thumb and index finger are above the other fingers.

18. The method of claim 13, wherein said second hand is placed on one of said at least one location for gripping, and said second hand and the fingers thereof overlap or grasp the forearm of the arm of said target side hand.

19. The method of claim 13, wherein said second hand is placed on one of said at least one location for gripping, and said second hand and the fingers thereof overlap or grasp said target side hand.
20. The method of claim 13, wherein the arm of said target side hand is substantially fully extended.
21. The method of claim 13, wherein the arm of said target side hand is substantially parallel to said shaft.
22. The method of claim 13, wherein said golf club is used for putting.
23. The method of claim 13, wherein said golf club is used for chipping.
24. The method of claim 13, wherein said shaft top is pressed into said armpit or said front of the shoulder of the arm of said target side hand.
25. The method of claim 13, further comprising continuing said movement of said club head in a direction towards said golf ball so that said club head travels beyond the location that said golf ball was positioned prior to said club head striking said golf ball.
26. The method of claim 13, wherein said club head is caused to move away from said golf ball, to move toward said golf ball and to strike said golf ball through rotation of the shoulders.
27. The method of claim 13, wherein said club head is caused to move away from said golf ball, to move toward said golf ball and to strike said golf ball through pivoting of the arm of the target side hand at the shoulder.
28. The method of claim 13, wherein said club head is caused to move toward and to strike said golf ball through pulling by said target side hand and/or the arm of said target side hand in whole or in part.

29. The method of claim 13 wherein said club head is caused to move away from said golf ball, to move toward said golf ball and to strike said golf ball through a combination of rotation of the shoulders, pivoting of the arm of said target side hand at the shoulder, and/or pulling by said target side hand and/or the arm of said target side hand.

30. A method of a player holding a golf club with a target side hand and a second hand, said golf club having a shaft, a club head attached to said shaft, and at least one location on said shaft for gripping said golf club, said method comprising:

grasping one of said at least one location for gripping with said target side hand such that said shaft enters said target side hand at the top of the palm of said target side hand and exits said target side hand between the index finger and ring finger of said target side hand; and

grasping with a second hand, or resting a second hand on or against, one of said at least one location for gripping.

31. The method of claim 30, wherein said target side hand is in whole or in part above said second hand on one of said at least one location for gripping.

32. The method of claim 30, wherein said target side hand is in whole or in part below said second hand on one of said at least one location for gripping.

33. The method of claim 30, wherein said golf club is used for putting.

34. The method of claim 30, wherein said golf club is used for chipping.